

Moving Checklist—Things to do BEFORE executing PCS Orders

- ◇ Contact your local EFMP Family Case Worker to assist you with completing your transition plan and identifying resources at your new duty station.
- ◇ Make sure that your EFMP enrollment is current.
- ◇ Request copies of all important records such as Exceptional Family Member Program (EFMP) enrollment letter (confirming any housing accommodations are noted), Individualized Education Program (IEP), Individualized Family Service Plan (IFSP), birth certificates, and passports. ***Hand carry all important records.***
- ◇ Refill all prescriptions
- ◇ Write down contact information for your current doctors, in case you need advice from someone who knows your condition.
- ◇ Schedule an Individualized Education Program (IEP) Review meeting to discuss the progress your child has made since your last IEP review. Ask for written suggestions that may help your child and the staff at the new school.
- ◇ Contact the School Liaison Officer to assist with transitioning your child to the new school.



MCAS Yuma Exceptional Family Member Program
Building T40
P.O. Box 99132
Yuma, AZ 85369-9132

Phone: (928) 269-2949
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E-mail: yuma-efmp@usmc-mccs.org



MOVING WITH YOUR EXCEPTIONAL FAMILY MEMBER



*Exceptional Family Member Program
Marine Corps Air Station Yuma
(928) 269-2949*

PCS Resources for MCAS Yuma Families

MCAS Yuma Information and Referral (I&R)

- * PCS Move Workshop is held the second Tuesday of each month in Bldg. T40. Call (928) 269-2949 to register.

TRICARE Moving Made Easy

- * Beneficiaries can get information for transferring their TRICARE benefit at <http://www.tricare.mil/Moving>.
- * Don't disenroll from any plan before you move.
- * You're covered by your current plan on your way to your new location.
- * Update your address and other personal information in the Defense Enrollment Eligibility Reporting System (DEERS) after you move.
- * For information on the West Region, call United Healthcare at (877) 988-9378.



PCS Resources for MCAS Yuma Families

Military OneSource Moving Resources

- * Many resources on moving, housing, sponsorship, spouse employment and more can be found at <http://www.militaryonesource.mil/moving>
- * **Plan My Move** creates a customized checklist and calendar to help you through the transition. <http://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>
- * Get information on your new duty location at <http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0>
- * Get tips for moving with an Individualized Education Program (IEP): http://www.militaryonesource.mil/efmp/moving?content_id=266857



PCS Resources for MCAS Yuma Families with Children

MCAS Yuma School Liaison Program

- * The School Liaison can help you navigate the educational system in order to make the best school choices for your children.
- * Positive Change of Schools (PCS) - Contact your School Liaison Program to receive information, strategies and resources for a smooth transition to your child's new school: (928) 269-5373 or visit in building T40.
- * Visit the MCAS Yuma School Liaison website for many local, state and national educational resources at <http://www.yuma.usmc-mccs.org/index.cfm/military-family/school-liaison/>

Moving Stories for Children

We're Moving by Heather Maisner

Berenstain Bears Moving Day by Stan and Jan Berenstain

I'm Not Moving Mama by Nancy White Carlstrom

Who Will Be My Friends? By Syd Hoff

Alexander, Who's Not (Do you hear me? I mean it!) Going to Move by Judith Voist

Boxes, Boxes Every Where by Crystal Bowman

What About My Goldfish by
Jennifer Plecas

